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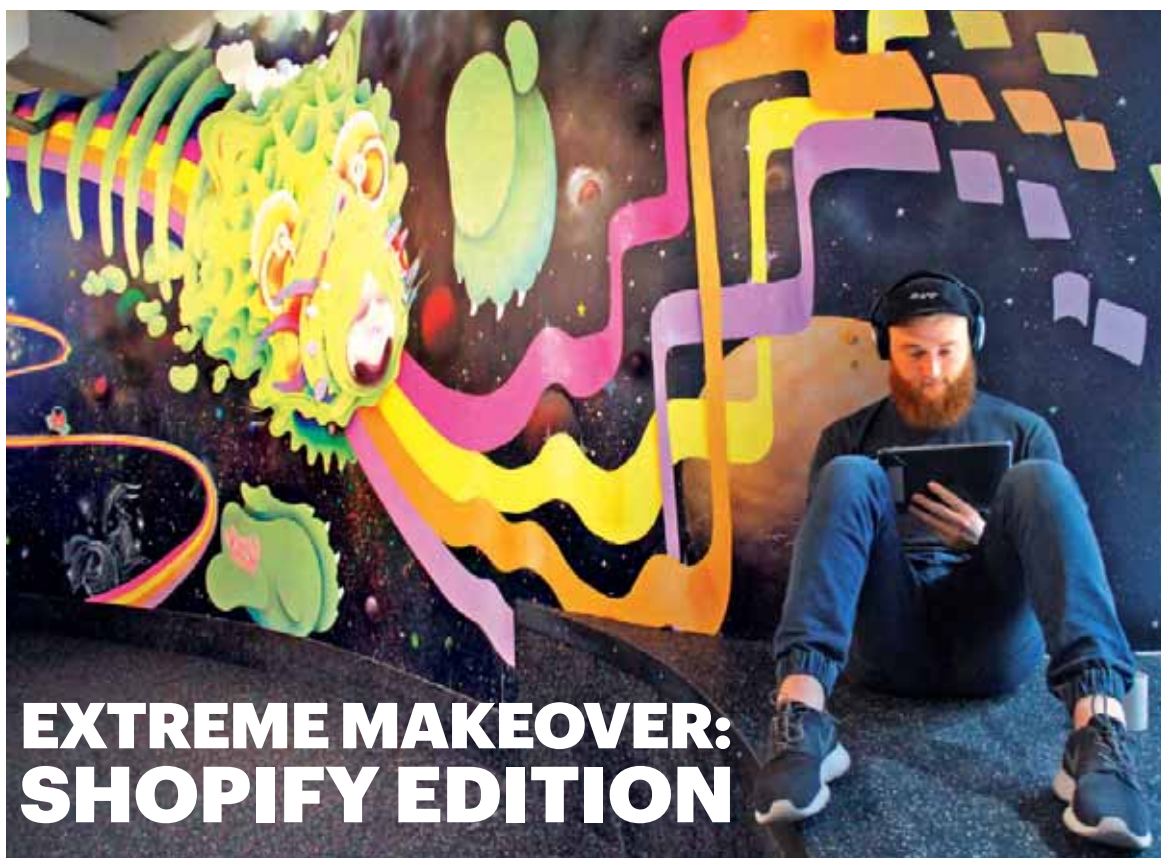


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Your essential daily news | WEDNESDAY, JULY 8, 2015

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EXTREME MAKEOVER: SHOPIFY EDITION

It's a wonder Shopify designer Nick MacDougall was working and not zipping around the graffiti-walled go-kart room on Tuesday during the company's grand unveiling of its funky modern office. For more, see [metroNEWS](#). LUCY SCHOLEY/METRO

Odawa centre not giving up

COMMUNITY

Organization vows to keep drop-in open no matter what



**Lucy
Scholey**
Metro | Ottawa

Mista Wasis could afford to pay all his bills, but when his two children came to visit years ago, he had nothing left for groceries.

So he took the family to the Odawa Native Friendship Centre to pick up canned food and peanut butter. He recalled this before a backyard circle of several dozen supporters of 510 Rideau St. on Tuesday.

It was a day after the drop-in centre reopened after losing almost \$420,000 in federal funding last March. The organization raised about \$30,000, which should keep the centre open until the end of this year.

"I'd like to hear you all say, 'We will keep this place open,'" Wasis told the crowd, who then echoed the promise.

Before volunteers dished out plates of spaghetti for lunch, there were drumming circles, prayers and words of thanks to those who worked to keep the 40-year-old centre serving about 100 to 150 people a day.

The centre closed following a change in funding criteria that prioritizes housing. As a result, the Odawa Native Friendship Centre cut seven full-time staff positions and is now recruiting more volunteers.

"The easiest thing to do for us would be to give up," said Morgan Hare, the centre's executive director. "But ... we can't do that because if we give up, then what does it say for the most vulnerable in our community?"

They are still continuing to talk to government about permanent funding. Hare said that "even if we don't have the money in January, we will still find a way to keep it open."

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RAV4





Shaking up the Ottawa office

MODERN DESIGN

Shopify opens cool new digs, offers glimpse



Lucy Scholey
Metro | Ottawa

Go-karting, pinball machines, video game consoles, yoga rooms and quiet nooks where

you could easily sneak away and sleep on the job — they all sound like work distractions.

But for Shopify they are welcome ones.

Fresh off joining the New York Stock Exchange, the company opened its funky, modern office doors on Tuesday to give tours of its six floors. It's a workplace where the only regular-looking boardroom has a tree grow-



We don't want it to be a stuffy office that people don't like to come to.

Greg Scorsone, director of internal operations

ing out one end of the long conference table.

The other meeting rooms are more casual, like the graffiti-filled walls of one room on the floor dubbed "Back Alley" for its nooks and crannies.

"We're trying to get people away, so they can have a place of escape from the major work areas," said Andrew Reeves, head architect of the building.

Those rooms of escape —

like the "Retreat" floor, which has little cottages and faux grass — are meant to boost productivity.

"If you need a second to pause and think, you just play a quick game of pinball," said IT employee Nabeel Rahimpour, while taking a break from playing Johnny Mnemonic in the games room.

It may feel like an adult playground, but it's no Disneyland.

Greg Scorsone, director of internal operations, prefers to describe it as "home."

"We don't want it to be a stuffy office that people don't like to come to," he said.

Each floor measures about 17,000 square feet, with the exception of the sixth floor, which stretches 22,000 square feet. There are still two floors under construction.

Sadly, the slide was still not ready.

THE LOOK

A place to work, a place to play?

1 What's that? Your office has stuffy pictures of its executive members hanging on its walls? Over at Shopify, its higher-ups dressed as buccaners for what must have been a fun photo shoot. Here are two of them: vice-president of human relations Brittany Forsyth and CFO Russ Jones.

2 Sami Devine, a Shopify theme support employee, said he likes to slip away to this quiet area to get a few hours of work done. "I have a social background — I worked in bars — so I kind of like working alone every once in a while and clearing my head," he said. Yes, those are beanbag chairs made from old ship sails.

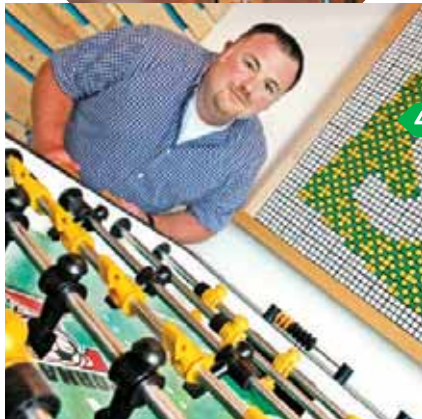
3 Funky light hangings are part of Shopify's eye candy.

4 Greg Scorsone, director of internal operations, fiddles with the foosball table in the game room. There are also pinball machines and video game consoles there. That sign behind him was made with Rubik's Cube pieces.

5 This Shopify boardroom is on the "Back Alley" themed floor. With the palette furniture and stand-alone chairs, it's meant to embody a struggling artist's hangout spot. Montreal based graffiti-artist En Masse sprayed the walls.

6 Courtney Burdette, Shopify's internal operations lead, fixes up a bookshelf. It's filled with reads recommended by the company's executive members. They are free for the taking and there are plenty of nooks worth settling into with a good book.

PHOTOS BY LUCY SCHOLEY/METRO



Bringing the bass

Anyone who wakes up Wednesday to see that Skrillex and Diplo are taking over Bluesfest on day one shouldn't expect to hear the same repetitive bump bump for hours on the Bell Stage. Sure, Jack Ü's Full Flex Express isn't the only show happening on Day 1 of Bluesfest, but it won't be just mind-numbing bass and sounds you'd expect to hear in a transformers movie. The day will feature everything from ambient beats and live atmospheric house, to gangster rap and techno and dubstep. The seven artists throwing down at Bluesfest all pack their own sonic punch — each a little different from the next, but all have one thing in common: They can make thousands dance on command. Here's what you can expect when Bluesfest opens Wednesday.

TREVOR GREENWAY METRO



B2B: Anna Lunoe x Mija

4 p.m. Bell Stage

LA-based DJ and producer Mija has been dropping bassy beats on the scene since her unexpected back-to-back set with Skrillex when she was a relatively unknown DJ. Her name has been near the top of every EDM festival since that epic performance at Bonnaroo in 2014. Toss in Australia's Anna Lunoe and her rolling house infused with nu-disco vibes and this is the perfect combo to start out any all-day dance party. This show will be full of bass, will build and build with vocal harmonies and will explode with everything these two skilled ladies bring with them to Ottawa. Hope you have good shoes.

Kiesza

7 p.m. Bell Stage

Calgary's Kiesza is ready to bring Ottawa dance heads back to the 90s. Think Black Box and 2 Unlimited era. Kiesza has been whipping audiences into a flashy frenzy since exploding onto the scene last year with her second studio album *Sound of a Woman*. Ripped jeans and flannel are A-OK for this show.



A\$AP Ferg

7:30 p.m. Bell Stage

This guy is the real deal. If you like gangster rap, hang around the Bell Stage at around 7:30 and grind it out to A\$AP Ferg's dirty beats and even filthier lyrics. Straight out of Harlem, A\$AP Ferg brings back everything we all loved about rap crusaders NWA, the Game and DR. Dre, but with his own unique twist of rhymes. There's a reason he's called the "Trap Lord." Thing he's getting dirty on the Bell Stage.



Zeds Dead

8:30 p.m. Bell Stage

Now, it's time to dance. If you remember Zeds Dead's epic set on the Black Sheep stage two years ago at Bluesfest, you've likely got your Converse shoes laced up tight for this one. The two Toronto-born producers known as DC and Hooks are bound by no genres or labels, they play good music, not matter if it's classic rock, techno, dubstep or psychedelic. These two selectors will drop everything from Radiohead to the Rolling Stones and all of it will have the sickest, slickest dance beat you can't help but bob to. Don't miss this show.



Jack Ü (Skrillex and Diplo)

9:45 p.m. Bell Stage

We know this is what you came for. No matter who Skrillex hits the decks with, it's always a show-and-a-half. You'll be dancing, you'll be sweating, you'll be screaming. The only thing we don't know about these two world-class DJs is what they will show up in. A spaceship? A massive wall of trippy visuals? A 40-foot robot? Hard bass and loopy sounds will get you off the ground. Not sure where you will land after this one.



NOISE BYLAW

Petition calling on future Bluesfests to extend curfew



Michael Woods
Metro|Ottawa

A longtime Bluesfest attendee is tired of going home at 11 o'clock.

Stittsville resident Tyler Williams has attended Bluesfest for the last eight years and is invariably disappointed when the show wraps up at 11 p.m. sharp.

"I really look forward to

my music festivals," said the 27-year-old optical test engineer. "I'm just trying to maximize as much of the fun and entertainment as possible."

Williams has started a petition calling on Bluesfest to continue past 11 p.m. The petition, which he started a week ago, had 32 supporters early Tuesday evening.

Williams said he thinks stopping the festival at 11 p.m. cuts the fun short, and that audiences deserve more

value for their money.

"A lot of times there's so much energy at the festival, and everyone in the crowd is involved. They're chanting, they're clapping, they want the encore. And then the band comes out and plays one song," he said.

"Even the artists themselves would enjoy playing more, I'm sure, but they don't have the opportunity to."

Williams said he has contacted Bluesfest and the City

of Ottawa about the issue. A Bluesfest official told him the decision to close the festival at 11 p.m. is "based on a variety of issues and circumstances."

Under the city's noise bylaw, Bluesfest has an exemption that allows noise to reach 65 decibels. The bylaw requires such events not to continue beyond 11 p.m. Events can apply for extensions until 1 a.m. on Fridays and Saturdays, but they must be ap-

proved by the ward councillor and chief of bylaw services.

Williams knows the schedule is set for this year's Bluesfest, which begins Wednesday. But wants an "open discussion" about the matter for

future years and an openness to trying something new.

"Even for Friday and Saturday nights, let's bump it to 12 a.m.," he said. "If it's a total wash, then revert back to the 11 p.m. rule."



I really look forward to my music festivals. I'm just trying to maximize as much of the fun and entertainment as possible.

Tyler Williams

Pleas fail to stop Rideau Street condo

DEVELOPMENT

Opponents say building being rushed ahead of design draft



Haley Ritchie
Metro | Ottawa

The city's planning committee approved the building of two 14-storey condo towers on Rideau Street by a vote of seven to two, despite concern from residents who feel ignored in the planning process.

The condo would be located in the northeast end of Sandy Hill, facing Rideau Street between Charlotte Street and Cobourg Street.

The majority of the property will be seven storeys, the maximum size allowed by the building plan, but two towers will go up to 14 storeys, beyond the approved zoning.

Much of the controversy centred on whether the new building fits into the official development plan for the area, which is still in the draft stage



A mock-up of the condo proposed along 538, 544, 560 Rideau St. and 501 Besserer St. CONTRIBUTED

and hasn't been made public.

"How can councillors possibly evaluate Richcraft's proposal before them if they haven't even seen a draft of the (design plan)?" asked resident Sally Southey.

"Richcraft realized that this might not be resolved in their favour, so they played the system and pushed for an application and the vote we're having today," she said. "It makes a mockery of the city's provided

rules about the certainty to both residents and developers."

Representatives from Action Sandy Hill and the Lowertown Association agreed, citing concerns about height, the heritage character of the neighbour-

hood and construction noise.

The city's urban planning staff recommended approving the building, although it will be kept officially on hold until they approve the building's design.

“

It makes a mockery of the city's provided rules.

Sandy Hill resident
Sally Southey

"Regardless of the community design plan moving forward today, by transferring density on the subject's site we can get a better building, with public benefits and minimum public impacts," said Erin O'Connell, one of the city's urban planners.

Cumberland Coun. Stephen Blais raised concerns that the developer could choose to take the proposal to the Ontario Municipal Board if denied.

Kitchissippi Coun. Jeff Leiper suggested council defer the decision until the report was released, but his motion was defeated.

Rideau-Vanier Coun. Mathieu Fleury, who did not have a vote on the issue, asked councillors to vote no to the development until the Community Design Plan could be finalized in the fall.

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Binghamton Senators coach Luke Richardson. JOE LOFARO/METRO

Binghamton Senators re-sign coach

LUKE RICHARDSON

Gets deal for one more year

Michael Woods
Metro | Ottawa

Luke Richardson is staying behind the Binghamton Senators bench for at least one more year.

The Ottawa Senators announced Tuesday that they signed Richardson, 46, to a one-year contract to coach their AHL affiliate for the 2015-16 season.

In three seasons as Binghamton's head coach, Richardson has developed a sterling reputation for developing young players and is often mentioned as a strong candidate for an NHL head coaching job. He has a 122-82-11-13 record with two playoff appearances.

Ottawa Senators assistant general manager Randy Lee, who oversees the Binghamton Senators, said the team is "very excited" to have Richardson return.

"As we witnessed with last week's development camp, the growth and development of the young players in our

organization is one of our highest priorities," Lee said in a release.

"Luke has shown a tremendous ability to push our players to be better and, even more importantly, to be fully prepared when they get the call to the National Hockey League."

Richardson was an assistant



Luke has shown a tremendous ability to push our players to be better and, even more importantly, to be fully prepared when they get the call to the National Hockey League.

Randy Lee

coach with the Ottawa Senators for three seasons before taking over the B-Sens.

The former defenceman played 1,417 career NHL games with the Toronto Maple Leafs, Edmonton Oilers, Philadelphia Flyers, Columbus Blue Jackets, Tampa Bay Lightning and the Senators, retiring in 2009.

WESTBORO

Radio station gets approval to move

Wellington Street could be soon getting its own radio station.

On Tuesday planning committee approved a zoning exception to allow Ottawa's multicultural radio station, CHIN, to relocate from Little Italy onto Wellington Street.

The zoning is "traditional mainstreet" — and doesn't allow broadcasting stations

because of their reputation for bulky design and large antennae.

Coun. Jeff Leiper said in a report presented to the committee that thanks to technology upgrades, the building would fit into the main street and wouldn't create more traffic than a doctor's office.

HALEY RITCHIE/METRO

IN BRIEF

Parks-in-lieu policy changes delayed until August

Planning committee decided Tuesday to postpone possible changes to the parks-in-lieu policy until August in order to give councillors time to understand the updates.

Each councillor collects cash-in-lieu of parks payments from developers (money earmarked for parks), creating a fund for parks.

Among the recommendations to change the policy,

staff are recommending the money be allowed to go towards repairs instead of just new builds and to prevent councillors from going into a deficit.

The revised policy also bans spending funds on "promotional" items — this after former River Ward Coun. Maria McRae drained her building fund by spending thousands on plaques with her name on city benches. HALEY RITCHIE/METRO

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Entrepreneurs get Facebook lessons

SOCIAL MEDIA

Facebook on tour teaching strategies for the platform



Michael Woods
Metro | Ottawa

Hundreds of local business owners got a crash course Tuesday morning on how Facebook can help them reach new customers and grow their businesses.

The crowd of about 550 people at the St. Elias Banquet Centre near Mooney's Bay heard tips about how to run a successful Facebook page and heard from other local businesses about what has worked for them.

The event was the first stop of the "Boost Your Business Bus Tour," that will see a Facebook coach bus travel onward to Toronto, Parry Sound, Winnipeg and Richmond, B.C.

"I think we need to be investing in small business owners," said Nick Serjeant,



A panel of business owners addresses the crowd at Facebook's "Boost your Business" event on Tuesday. From left: Steve Beauchesne of Beau's Brewery, Joanne Rodgers of Kiddie Kobbler and Jamil Bhuya of Burgers n' Fries Forever.

MICHAEL WOODS/METRO

Facebook's director of technology, public sector and politics. "They are the future of our business, and we think that we're well-positioned to increase the amount of value they get from the web."

Attendees heard from Ser-

jeant about fundamentals such as how to set up a successful Facebook page, how to use advertising to get more reach, how to plan content and how to measure success. Then, local business owners provided some tips on what works, and

what doesn't.

"The biggest piece of advice is people like pictures with cats," Steve Beauchesne of Beau's Brewery told the crowd. "Dogs are good too."

He was sort of joking, he said. But he did note that photos are

much more effective than posts with just words. He also said not to ignore any commenters.

"If someone posts something and you ignore it, to me, you've wasted the entire power of the platform."

But, engaging with haters

online can be difficult.

It can be tough not to take criticism personally, said Joanne Rodgers of Kiddie Kobbler, a children's clothing store. She spoke about a customer who was displeased about the store opening late, received a discount on her purchase, but went home and ranted on Facebook anyway.

"It's often a love-hate relationship with Facebook," she said.

Timing of posts was another question. Jamil Bhuya of Burgers n' Fries Forever said he's found posting between 4 and 6 p.m. works best, because "people are thinking about dinner, but they haven't eaten it yet."

The event didn't just attract older business owners who may not be that experienced with Facebook.

Attendee Matt Graves, 19, started Ottawa Student Windows in the spring and has already spent \$1,000 on Facebook advertising. Even though the Queen's University commerce student grew up using Facebook, he said the event was useful.

"They pointed out two or three things that I had no clue about," he said. "In terms of advertising and marketing, Facebook is going to be the future."

TRANSPORTATION

City cracks down on Uber

Ottawa police said they will soon be targeting Uber drivers after city officials requested the force to help them crackdown on the ride-sharing company.

Scott Nystedt, Ottawa police superintendent of emergency operations, said his team will develop a plan in the coming weeks that will instruct patrol officers how to deal with Uber drivers.

"They're not looking to target them for every violation they can find. That's not our goal, to harass people," he said.

"If they're committing an offence specific to this complaint under the Highway Traffic Act, section 39, then we'll be looking to enforce that."

Section 39 of the Act states, "No person shall hire or let for hire a motor vehicle unless the person by whom the motor vehicle is to be driven is a person licensed to drive a motor vehicle."

In an emailed statement to Metro, Uber said a crackdown is not the right approach.

"As we saw from the recent

Ontario court ruling, Uber is a legitimate model operating legally and is a unique business that is distinct from taxi," wrote spokeswoman Susie Heath.

"Rather than taking enforcement action, we believe the right path forward is to develop common-sense regulations and look forward to continuing our work with Mayor Watson and Ottawa City Council to establish a permanent regulatory framework for ride-sharing in Ottawa." JOE LOFARO/METRO

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A firefighter gathers a hose near La Ronge, Saskatchewan, Sunday. Fires and smoke have forced about 9,000 people from their homes in more than 50 communities in the northern part of the province. THE CANADIAN PRESS/HANDOUT

Shift in wind could re-energize blaze

SASKATCHEWAN

Soldiers join battle to quell more than 100 wildfires

Emergency officials in Saskatchewan say a large wildfire threatening one of the biggest communities in the north was stable Tuesday, but they feared a shift in wind could change the situation.

The blaze, which had come within 1.5 kilometres of the town of La Ronge, was one of hundreds burning across Western Canada.

Six hundred soldiers from Edmonton have joined the fire fight in Saskatchewan. Of those, 360 were to complete a condensed day of training before going to work on fire lines Wednesday.

nesday.

Another 500 troops from Shilo, Man., were ready to be called in if needed.

"They're just getting this one day quick refresher course to make sure when they're out and in the fire zone they are operating safely," Defence Minister Jason Kenney said.

"It's not often the Canadian Army is called upon by the provinces to assist with forest fires but this is a big one for Saskatchewan. We're happy to oblige."

Steve Roberts with Saskatchewan Wildfire Management said once the military had received training, it would be offered to other groups, such as First Nations that want to join the firefighting effort.

He said other Saskatchewan residents with previous training have also volunteered and they will be added to the 600 firefighters who have been working in

the north for nearly two weeks.

Fires as well as thick smoke have forced an estimated 9,000 people from their homes in more than 50 communities. About a dozen homes, remote cabins and other structures have been destroyed.

Nearly 400 square kilometres have burned in high-priority fire zones — more than 10 times the annual average.

Duane McKay, Commissioner of Emergency Management, described fire conditions in the province as "fairly dire," although the biggest of the 113 active fires had stopped growing.

In B.C., more than 1,000 people were tackling 182 wildfires. A smoky haze over Vancouver had improved slightly Tuesday but air quality had deteriorated in the resort community of Whistler.

THE CANADIAN PRESS

IN BRIEF

Whoops! That's not a cab

A drunk driver in Abbotsford, B.C., is getting no sympathy for a belated decision to pocket his car keys and grab a cab.

Abbotsford Police say the suspect pulled his vehicle over beside what he thought was a taxi, jumped in and muttered "get me outta here buddy, cops are everywhere tonight."

Turns out the taxi was actually an idling police car, and the officer wasted no time in taking the man directly to jail.

THE CANADIAN PRESS

PAN AM GAMES

T.O. drivers urged to alter commutes

Pan Am Games officials are stressing the importance of using anything but a car to get around the Toronto region as the multi-sport event gets underway.

"Help get this message out: Please take transit," said games spokesman Allen Vansen at a press conference Tuesday.

The words "take transit" were uttered several dozen more times at a press conference Tuesday.

Games and transit officials

put a positive spin on traffic, but admitted commutes have been affected by new high occupancy lanes.

Vansen said drivers must change their behaviours, and implored residents and spectators to carpool, walk, cycle and take transit.

"Go to work early and leave late," he said.

Competition in some Pan Am sports began Tuesday, with the games set to officially kick off on Friday.

THE CANADIAN PRESS

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ANTI-CORRUPTION

Death of suspected fraudster confirmed

Quebec's anti-corruption unit has confirmed the death of suspected fraudster Arthur Porter.

The unit said in a statement today that visual identification of the body in Panama was sufficient evidence to confirm the death.

DNA tests and fingerprint analysis were also conducted as a precaution.

News that the 59-year-old Porter had died last week was treated with heavy skepticism by authorities in the province where he faced fraud charges.

Quebec sent two investigators to Panama last Friday to gather evidence that would prove he had died.

Robert Lafreniere, head of the anti-corruption unit, says the fraud charges against Porter related to a superhospital project in Montreal will be

dropped.

Porter's biographer, doctor and relatives said last week he succumbed to cancer in Panama, where he'd been detained since May 2013 on a Canadian arrest warrant.

Investigators from Quebec's anti-corruption unit were granted entry to the morgue in Panama City on Monday afternoon.

The alleged \$22.5-million fraud has been described by one Quebec provincial police investigator as one of the largest corruption cases in Canadian history.

Porter was the former head of Montreal's McGill University Health Centre and was also once appointed head of Canada's spy watchdog agency by Prime Minister Stephen Harper.

THE CANADIAN PRESS



25TH ANNIVERSARY OKA CRISIS STILL RESONATING

Kanesatake Grand Chief Serge Simon stands in the Pines near the scene of the police raid 25 years ago that started the Oka Crisis, in Kanesatake, Que. July 11 will mark the 25th anniversary of the start of the Oka Crisis that grabbed international headlines, with armed Mohawks and Canadian soldiers involved in a lengthy standoff that often appeared on the verge of exploding into full-blown combat. Native activists, artists and professors say while it's difficult to draw direct links, the Oka uprising in 1990 inspired First Nations movements across the country such as the Idle No More protests in 2012 and the ever-increasing calls for a federal inquiry into missing and murdered aboriginal women.

RYAN REMIORZ/THE CANADIAN PRESS

ALBERTA

Man arrested after backhoe pursuit

A 27-year-old former Alberta man faces seven charges following an early morning low-speed pursuit in New Brunswick involving a backhoe.

Thomas Therrien Chiasson, of no fixed address, was arrested Tuesday morning.

RCMP Const. Derek Black says police were called around 3:40 a.m. about a backhoe on the Trans-Canada Highway west of Fredericton that was impeding traffic and didn't have any lights on.

Black says the driver was only travelling about 10 kilometres per hour, but didn't stop until police used a spikebelt.

Police say alcohol is believed to have been a factor.

Chiasson is charged with evading police officers, im-

paired driving, refusing a breathalyzer demand, possession of stolen property over \$5,000, mischief over \$5,000, dangerous driving, and breach of a condition imposed by a court in British Columbia.

He has been remanded until a bail hearing Wednesday in Fredericton.

Black says the backhoe damaged some asphalt and a number of guardrails over a distance of about 15 kilometres.

Ross Mathers, general manager of Maritime Road Development Corp., the private company that maintains that section of highway, says there is damage in about 10 locations. Damage is estimated at about \$15,000 and he says repairs have begun. THE CANADIAN PRESS

Wanted: Chainsaw trainers for inmates

PRAIRIES

Program meant to help in job search

Inmates at 11 prisons across the Prairies are in line for chainsaw safety training to help prepare them for future employment once they are released.

Between 110 and 220 inmates could be part of the 22 training sessions that Correctional Service Canada plans to pay for in the coming years at four prisons in Alberta, four more in Saskatchewan and three in Manitoba.

Each session will have be-

tween five and 10 inmates participating in training sessions set to start in 2017.

Bid documents posted online earlier this month show that the cost to provide the three-day training sessions should be no more than \$108,800.

The winning bidder will have to supply chainsaws, cutting stands, logs, files, oil, gas, chains, and safety equipment to the inmates who take the course at medium and minimum security prisons, three Aboriginal healing lodges — including one for women — and the regional psychiatric centre in Saskatoon.

Only two prisons up for training sessions have maximum security wings: Stony Mountain



Participants may exhibit difficult or resistant behaviour.

Text on the bid document

Institution in Manitoba, and Saskatchewan Penitentiary in Prince Albert, Sask.

The documents also come with a warning to potential bidders: "Participants may exhibit difficult or resistant behaviour."

A spokeswoman for CSC said any inmate who lands in one of the courses has to be "screened

for their suitability" and will be supervised.

Melissa Hart says prisons in other parts of the country also provide similar training to inmates, part of the department's mandate to "facilitate inmates' re-entry into the workforce following their release."

Hart said training is targeted at work in the trades, such as carpentry and cabinet making, and said "many offenders" have landed jobs because of their training and demand for trades workers.

A study that Corrections commissioned five years ago concluded that inmates who find work are less likely to reoffend.

THE CANADIAN PRESS



NDP Leader Tom Mulcair receives a gift of sweetgrass and a drum from National Chief Perry Bellegarde after addressing the Assembly of First Nations congress in Montreal Tuesday.

RYAN REMIORZ/THE CANADIAN PRESS

FEDERAL ELECTIONS

Chief urges First Nations to press politicians

National Chief Perry Bellegarde is urging First Nations and other Canadians to push for reconciliation at the polls this fall.

In the first keynote address to the Assembly of First Nations annual meeting, Bellegarde said First Nations voters need to make themselves heard.

The group has identified at least 51 ridings across the country that could be decided by First Nations participation.

Bellegarde said now is the time to mobilize because the Truth and Reconciliation Commission's report has captured the attention of Canadians with

its description of the residential school legacy as "cultural genocide."

"Canadians woke up to a chapter of their history that must be forever remembered and never forgotten," Bellegarde told an audience of First Nations leaders from across the country.

This is Bellegarde's first meeting as national chief.

He is calling on the government to respect traditional territories and honour its legal duty to accommodate First Nations people. "Reconciliation means nothing less than keeping the promises the government of

Canada first made to our people to share and live together," Bellegarde said.

He has been calling for all federal parties to address indigenous issues in their election platforms.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau responded by delivering back-to-back speeches as both parties roll out election promises aimed at aboriginal affairs — although federal Aboriginal Affairs Minister Bernard Valcourt was not present.

Mulcair offered a "new era" of relations with indigenous communities if he becomes prime

minister, with plans to commit to a "government-wide" approach to address aboriginal affairs.

Trudeau spoke after Mulcair and announced a series of campaign-style commitments, including a promise to bolster funding for aboriginal education.

Trudeau also addressed the need to overhaul the relationship between First Nations and the federal government, such as targeting the growing socio-economic gap that exists between aboriginal and non-aboriginal Canadians in areas including employment. THE CANADIAN PRESS

Two Americans, one Briton gored in Pamplona bull run

SAN FERMIN FESTIVAL

People dash with six bulls along narrow course

Two Americans and a Briton were gored and eight other people were injured Tuesday as thousands of daredevils dashed alongside fighting bulls through the streets of Pamplona on the first bull run of the annual San Fermin festival, organizers said.

Mike Webster, a 38-year-old occupational therapist from Gainesville, Fla., was gored as he ran with the bulls in Pamplona for the 38th time in 11 years.

San Fermin's media office said he was gored in the armpit, and Webster told The Associated Press from his hospital bed that he hasn't decided whether he'll run again because he first needs to discuss the issue with his wife.

Also gored were a 27-year-old Californian identified by the media office only by his initials, D.M.O., and a 30-year-old Briton with the initials A.B.O. Neither was in serious condition.

Three other Americans were among the eight others injured, most with bruises from falls and crowd crushes during the nationally televised run that lasted just over two

minutes.

The nine-day fiesta in Pamplona, which features 24-hour street partying, was made famous in Ernest Hemingway's 1926 novel *The Sun Also Rises* and attracts thousands of foreign tourists.

The daily runs see people dashing with six bulls along a narrow, 850-metre course from a holding pen to the city's bullring.

The bulls are then killed by professional matadors in bullfights each afternoon.

Bull runs are a traditional part of summer festivals across Spain. Dozens are injured each year, mostly in falls.

Two men have died recently after being gored by bulls in Spanish festivals — one Saturday in the eastern town of Grao de Castellon and another on June 24 in the southwestern town of Coria.

In all, 15 people have died in Pamplona runs since record-keeping began in 1924 for the San Fermin festival.

THE ASSOCIATED PRESS



A reveller gets tossed by a fighting calf inside bullring during the second day of the San Fermin Running of the Bulls festival on Tuesday in Pamplona, Spain.

DAVID RAMOS/GETTY IMAGES



Participants run ahead of Jandilla fighting bulls from Santo Domingo street during the running of the bulls at the San Fermin Festival, in Pamplona, Spain, Tuesday. Revellers from around the arrive every year to take part.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

SPAIN

ISIL recruiter suspect arrested

Spanish police on Tuesday arrested a woman suspected of recruiting preteen girls and teenagers to send to areas controlled by ISIL (Islamic State of Iraq and the Levant) in Syria.

An Interior Ministry statement said the woman, a Spaniard, was arrested in the city of Arrecife on the Canary Island of Lanzarote.

Separately, the ministry said Civil Guard police arrested an Algerian-born man wanted on terrorism charges by Belgium, where he previously resided. The man, whose name was not released, is a suspected member of ISIL and had fought in Syria. He was arrested in Barcelona airport while waiting for a connecting flight, after flying from Algeria.

The ministry said the woman in Arrecife maintained contact with ISIL militants in Syria, including a facilitator who gave her orders for recruiting girls and arranging their travel to Syria.

Girls and teens who she helped get to Syria ended up being sexually exploited, did domestic work and work in hospitals and had roles policing women, the statement said. A few joined ISIL as combatants, the statement said.

Authorities did not specify how many people the woman was suspected of recruiting, but said police have been investigating her since 2014 in a probe overseen by the National Court in Madrid. THE ASSOCIATED PRESS

IRAN

Nuclear deal still elusive as yet another deadline passes

Negotiators at the Iran nuclear talks pushed past their second deadline in a week on Tuesday, raising new questions about the ability of world powers to cut off all Iranian pathways to a bomb through diplomacy. The discussions, already in their 12th day, were prolonged until possibly Friday.

"We knew it would have been difficult, challenging and sometimes hard," said Federica Mogherini, the European Union's foreign policy chief. She said the negotiations would continue despite hitting some "tense" moments, and the U.S. State Department declared the current interim nuclear arrangement with Iran extended through July 10.

As the latest target date ar-

rived for a deal that would set a decade of restrictions on Iran's nuclear program, U.S. Secretary of State John Kerry, Iranian Foreign Minister Mohammad Javad Zarif and other top diplomats huddled in Vienna in search of a breakthrough.

All had spoken of deep differences remaining, and there was no public indication they had resolved disputes ranging from inspection rules on suspicious Iranian sites to limits on Tehran's research and development of advanced nuclear technology.

"The last, difficult, political issues, we have to solve," Mogherini said.

In Washington, White House spokesman Josh Earnest said the parties "have never

been closer to reaching a final agreement than we are now" but significant differences remain.

"That's an indication that these talks, at least for now, are worth continuing," he said.

A senior U.S. official in Vienna confirmed that one more clear difference had resurfaced, saying the U.S. would oppose Iran's demand that the nuclear agreement also include the lifting of the UN arms embargo on the country.

The official said the U.S. is insisting that any new UN Security Council resolution pertaining to Iran retain an arms ban and ballistic missile restrictions.

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Police, FBI raid home of Subway's public face

INDIANA

Authorities mum on reasons for investigation

FBI agents and Indiana State Police raided the home of Subway restaurant spokesman Jared Fogle on Tuesday, removing electronics from the property and searching the house with a police dog, two months after Russell Taylor, the then-executive director of Fogle's foundation, was arrested on child pornography charges.

FBI agent Wendy Osborne said the agency was conducting an investigation in Zionsville, an affluent Indianapolis suburb, but wouldn't say whether it involved Fogle or describe the nature of the investigation.

Subway said in a statement that it is "very concerned" about the raid, which it believes "is related to a prior investigation" of a former employee of the Jared Foundation, an organization founded by Fogle to raise aware-



Subway restaurant spokesman Jared Fogle walks to a waiting car as he leaves his home Tuesday in Zionsville, Ind. MICHAEL CONROY/THE ASSOCIATED PRESS

+ BACKGROUND

Claim to fame

Jared Fogle, 37, became the Subway restaurant chain's pitchman after shedding 245 pounds more than 15 years ago, in part by regularly eating Subway sandwiches. Subway began featuring Fogle in commercials soon after, and his story was instrumental in giving the sandwich chain an image as a healthy place to eat.

THE ASSOCIATED PRESS

ness about childhood obesity. Subway did not immediately say whether that employee was former foundation executive director Russell Taylor.

The company had removed references to Fogle from its website by late afternoon and issued another statement, saying the two "have mutually agreed to suspend their relationship due to the current investigation."

"Jared continues to co-operate with authorities and he expects no actions to be forthcoming," the company said. "Both Jared and Subway agree that this was the appropriate step to take."

Federal prosecutors in May



Jared continues to co-operate with authorities and he expects no actions to be forthcoming

Subway statement

filed a criminal complaint charging Taylor, 43, with seven counts of production of child pornography and one count of possession of child pornography. Fogle issued a statement after the charges were filed saying he was shocked by the allegations and was severing all ties with Taylor.

The Indianapolis Star photographed Fogle stepping out of a police evidence van parked outside his home Tuesday mor-

ning, and he left the house just after noon with attorney Ron Elberger. Fogle declined to comment, but Elberger later released a statement saying his client is co-operating with authorities.

"Jared has been co-operating, and continues to co-operate, with law enforcement in their investigation of unspecified charges, and looks forward to its conclusion," Elberger said.

During a search of Taylor's

home this spring, federal investigators say they discovered a cache of sexually explicit photos and videos Taylor allegedly produced by secretly filming minor children at the home. They said they also allegedly found more than 400 videos of child pornography on computers and storage media recovered from Taylor's home office in his Indianapolis residence.

Taylor's attorney, Brad Banks, said Tuesday his client was briefly hospitalized after the allegations surfaced but is now in federal custody. Sheriff's officials have said Taylor tried to take his own life in jail.

"The only thing I can say is that I'm aware that there's an ongoing investigation," Banks said.

Tim Harty, a spokesman for the U.S. attorney's office in Indianapolis, said prosecutors "are moving forward" with the case against Taylor. He declined to comment on Tuesday's raid at Fogle's home.

Neighbours said Fogle and his wife entertained frequently and would say hello but that they didn't see the couple outside a lot.

Jacob Schrader, 19, who lives across from Fogle's house, said the pitchman seems "like a pretty private guy" and that he'd only seen him about a dozen times in the last five or six years.

"He's like an endangered species or something like that," Schrader said.

Subway, which is based in Milford, Conn., and is privately held, has struggled in recent years. Last year, industry tracker Technomic said average sales for Subway stores in the U.S. declined three per cent from the previous year. The company has about 44,000 locations around the world.

THE ASSOCIATED PRESS

GREECE NEGOTIATIONS

Eurozone mood gloomy

Eurozone leaders met the beaming smile of Prime Minister Alexis Tsipras with anger and frustration Tuesday when it became clear the Greek leader came to their summit without a fresh written proposal on how to save his country from financial ruin.

With Greece's banks just days away from a potential collapse that could drag the country out of the euro, Tsipras had been expected to offer up economic reforms in exchange for loans.

Instead he came with only vague proposals and a commitment to back it up with real figures and a written plan on Wednesday.

Tsipras came buoyed by a triumph in Sunday's referendum, where an overwhelming majority of Greeks backed his call to reject the belt-tightening reforms that creditors had last proposed.

But that domestic victory did not appear to give him much leverage in talks with foreign creditors, who know Tsipras needs a deal soon to keep his country afloat. Banks have been shut since last week and will not reopen before Thursday, cash withdrawals have been limited for just as long, and daily business throughout the country has come to a near standstill.

So it was with surprise and anger that European leaders learned Tsipras did not yet have a written proposal for new rescue aid.

"I'm extremely sombre about this summit. I'm also sombre about the question of whether Greece really wants to come up with proposals, with a solution," Dutch Prime Minister Mark Rutte said.

THE ASSOCIATED PRESS

SOUTH CAROLINA

Senate votes 36-3 to bring down flag

The South Carolina Senate gave final approval Tuesday to a bill removing the Confederate flag from a pole in front of the Statehouse, sending the proposal to the House, where it faces a less certain future.

Tuesday's 36-3 vote came after a day of debate in which several white senators said they had come to understand why their black colleagues felt the flag no longer represented the valour of Southern soldiers but the racism that led the South to

separate from the United States more than 150 years ago. Senators then stood as Pinckney's widow came in the chamber. Each member came up to talk to her and offer condolences.

Debate in the House was scheduled to begin Wednesday, and it's far from clear when a vote may be taken. Republicans have struggled to reach a consensus on what to do next.

Democrats, meanwhile, say both the flag and flagpole must go. THE ASSOCIATED PRESS

IN BRIEF

Selfies risk to your health, warn Russian police

Alarmed by the number of Russians who have been killed while taking photos of themselves, Russian police have started a new campaign called "Safe Selfies."

The instructions issued Tuesday warn against standing on railroad tracks, climbing onto roofs or posing with a gun or a tiger.

Police say at least 10 Russians have been killed and 100 injured while taking selfies this year.

THE ASSOCIATED PRESS

BILL COSBY

Accusers feeling vindicated following drug disclosure

Bill Cosby's accusers see his admission of obtaining Quaaludes to give young women before sex as vindication of their claims that he drugged and sexually assaulted them.

Cosby admitted that he gave Quaaludes, a now-banned sedative, to a 19-year-old woman before they had sex in Las Vegas in the 1970s. He also admitted giving the powerful drug to unnamed others.

His lawyer interfered before he could answer depos-

ition questions in 2005 about how many women were given drugs and whether they knew about it.

"I never thought I would be validated or vindicated in this," said Joan Tarshis, of Woodstock, N.Y., who accused Cosby of drugging and attacking her when she was breaking into comedy writing in 1969. "I mean, it's turned my life around 180 because now all the people that haven't believed me or us have come

out, most of them, and said, 'We were wrong.'"

The Associated Press had gone to court to compel the release of a deposition in a 2005 sexual abuse lawsuit filed by former Temple University basketball team employee Andrea Constand — the first of a cascade of lawsuits against Cosby that have severely damaged his image as a doting TV dad Dr. Cliff Huxtable on The Cosby Show.

THE ASSOCIATED PRESS

Breast milk demand high

U.S. HEALTH

States consider legislation, firms battle for industry control

It could trade for 400 times more than the price of crude oil and 2,000 times more than iron ore. If sold off the shelf, it could cost more than 150 times the price of a gallon of cow's milk and 15 times more than coffee.

Going for as much as \$4 an ounce, breast milk is a hot commodity that is emerging as a surprisingly cutthroat industry, one that U.S. states are seeking to regulate amid a battle for control between non-profit and for-profit banks that supply hospital neonatal units.

The debate among the for-profit and non-profit organizations can be sharp-elbowed. It centres on whose processes result in the safest milk for premature babies in neonatal intensive care units, which need the milk if a mother has difficulty producing enough or the child has trouble latching. Each side claims the moral high ground, with non-profits



Rachel Palencik holds a container of her frozen breast milk. Palencik recently tried to sell her milk and wants to be sure it goes to one of 4,000 mothers who rely on 15 non-profit milk banks setup across the U.S. However, the entry of for-profit milk banks have created tension between the industry and state lawmakers as they begin to impose industry regulations.

MATT ROURKE/THE ASSOCIATED PRESS

generally saying milk distribution should be altruistic while for-profit companies argue mothers deserve to be compensated.

In the United States, there are two for-profit companies and soon to be three, and one non-profit that oversees 15 milk

banks in the U.S. in addition to three in Canada. Ten non-profit banks are in development. Against this backdrop, lawmakers in New Jersey and Michigan are considering legislation to license banks, while legislators in California, Mary-

land, New York and Texas already have regulations.

Rachel Palencik, of West Chester, Pa., said her breast milk was taking up space in her freezer, so she tried to donate it to a bank but didn't have enough. So she tried to sell it — and wouldn't

try it again.

"A lot of it was either scammers or men wanting to consume it, which isn't my cup of tea," she said.

There's broad agreement in the milk-banking industry of a shortage of human milk available for hospitals and NICUs. The non-profit Human Milk Banking Association of North America estimates that there are 4,000 moms using its banks across the U.S. and it would take 60,000 to meet hospitals' demand for milk.

There is also a largely shared view that it's important for donor milk to be thoroughly screened for bacteria, drugs and adulteration by cow's milk.

The non-profits say they respect the right of moms to sell their milk because it is theirs, but they question the profit motives of companies like Medolac, Prolacta and the soon-to-be-operational International Milk Bank.

The for-profit companies offer moms the chance to earn \$1 an ounce to \$2.50 an ounce for their milk. In turn, hospitals can pay as little as \$4. The companies say mothers have a right to earn money for their milk and their model can end the shortage. THE ASSOCIATED PRESS

IN BRIEF

HSBC fires six employees for ISIL-inspired exercise

HSBC has fired six employees who staged a mock group-style killing during a team-building exercise in the vein of those committed by the Islamic State of Iraq and the Levant (ISIL).

The Sun newspaper reported Tuesday the footage posted online showed five workers wearing overalls and balaclavas laughing as a South Asian colleague wearing an orange jumpsuit knelt at their feet.

HSBC says it fired those involved as soon as the video was brought to their attention. THE ASSOCIATED PRESS

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ENTERTAINMENT

Cineplex reduces drink sizes at theatres, prices unchanged



Jessica Smith Cross
Metro | Toronto

The Cineplex chain of theatres is reducing the size of its regular and large drinks, but not its prices.

"We've reduced the size of a large drink from 44 ounces to 32 ounces, and a regular drink from 32 to 24 ounces, and all other sizes remain the same," said Cineplex spokesman Michael Langdon. "The prices are the same."

He said the change was made because Cineplex believes people prefer smaller drinks.

"That's something that's true across the industry. If you look at our 44-ounce drink, for example,

after a movie you'll see a lot of them left unfinished."

The theatres piloted the change in B.C., Alberta and Saskatchewan in 2013 and received little feedback, but recently began rolling it out across the rest of the chain, Langdon said.

Haligonian movie-goer Mark Crosby wrote Metro about the change after he noticed his regular large drink had gotten small-



We've reduced the size of a large drink from 44 ounces to 32 ounces.

Michael Langdon,
Cineplex spokesman

er. When he asked what happened, he was told that change was because the theatres were "complying with Canadian law," he said.

However, there is no law in Canada about drink sizes. When he pointed that out in a complaint, Cineplex's Guest Services sent him a response saying, the company is "proactively responding to a potential legislation restricting the sales of deemed large beverage sizes, should it take effect or not."

Langdon said that was an error: Cineplex has been preparing for the 2017 Ontario Healthy Choices Act, which will make large chains put calorie counts on their menus but not affect drink sizes, which may have been the source of the confusion, he said.

POLITICS

Ontario gets positive debt rating

A New York ratings company has affirmed Ontario's debt rating at AA- and says the rating outlook for the province is stable.

Fitch Ratings says Ontario has demonstrated "the ability to exert considerable, ongoing

expenditure restraint while instituting revenue changes as necessary to achieve its deficit reduction objectives."

However, it notes Ontario had an accumulated deficit equal to 157 per cent of operating revenues in fiscal 2015

due to slow revenue growth.

Finance Minister Charles Sousa welcomed the Fitch rating, saying it is "an expression of confidence" in the government's plan to eliminate the deficit.

THE CANADIAN PRESS

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THE BIG THING: THE R-WORD

“We are in a fragile economic environment.”

— Finance Minister Joe Oliver, July 7, 2015

2 Who decides? Officially, a recession is two straight quarters of decline in gross domestic product (the total goods and services Canada produced during those three months). GDP fell 0.1 per cent in 2015's first quarter. Second-quarter results are due from Statistics Canada on Sept. 1. If they're negative, we'll be in recession.

3 Team recession A chorus from the private sector predicts tough times ahead. TD Bank argues the first half of 2015 was likely a recession, Bank of America Merrill Lynch says we appear to be in a downturn and CIBC economists say it's "a real possibility."



1 Change of tone Finance Minister Joe Oliver's measured comments Tuesday stand in contrast to July 2, when he said, "We're going to see solid growth ... we don't believe there will be (a recession)." Recent months have seen tanking oil prices and the first drop in capital investment since the financial crisis. If the economy is shrinking, it could throw a wrench into the government's election promise of a balanced budget.

ROSEMARY WESTWOOD

metroview

To the Cosby fans who scoff at truth and consequences

This one goes out to you, the thousands of fans who packed auditoriums in Ontario last winter to watch Bill Cosby crack jokes, knowing full well he'd been accused by more than 20 women (at the time) of rape.

You gave him the benefit of the doubt, you told me. He (through a lawyer) dismissed the allegations as absurd, and that was good enough for you. He was still the iconic dad who could do no wrong.

Unless, by wrong, you mean purchasing the sedative Quaalude to give to women he wanted to have sex with. Cosby, under oath in 2005, admitted to doing just that, according to court documents newly obtained by the Associated Press. During that lawsuit, which was eventually settled out of court, he said he also gave one woman three half-pills of Benadryl.

Celebrity-father-figure love is blind. And that's why this revelation, as satisfying as it is for people like me, isn't really for me at all.

As I said — it's for you. You, mostly middle-aged crowd who piled into Kitchener's Centre in the Square theatre in January, months after snowballing accusations caused Netflix and NBC to cancel planned Cosby shows, amid a comedy tour collapsing under a slew of cancelled dates. I watched you from the press rows as you applauded

Cosby's trademark antics, warm in your seats while protesters shouted in the cold outside.

Later that week, in London, Ont., he told a woman in the audience to be careful drinking around him.

"Ha ha ha ha!" you laughed.

Cosby, in sweaters knitted like a tangle of Technicolor snakes, had cradled you into adulthood with his quirky, principled parenting on The Cosby Show.

But do you recall Season 5, Episode 12? It's the one called "Truth or Consequences." In it, Cosby gives his daughter Vanessa and her boyfriend a stern talking-to after Vanessa lies to her parents about seeing him (she says she's doing homework).

The moral of the episode is twofold.

One, don't fall into the "abyss of untruth," to quote Clair Huxtable. That, in real-life terms, might look something like repeated denials that you ply women with drugs, when the truth is, you do.

Two, don't aid others in lies of their own. And that, in real-life terms, might look something like paying to see a comic who overwhelming evidence suggests is a rapist, so he can parade on stage and keep raking in money, truth be damned — and consequences.

Make your patriot love truer: Read TRC report

Last week, 34,000 people endured thunderstorms to celebrate Canada Day on Parliament Hill, where Prime Minister Stephen Harper told them, "A little bit of bad weather is never going to keep Canadians down." He said to the crowd, "We are a kind and generous society. No better place in the world than this country ... more confident, more prosperous, more united than ever — the best country in the world!"

In the 18th century, Dr. Samuel Johnson described patriotism as "the last refuge of a scoundrel."

He meant not to disparage all patriots, but to note that, lacking other supports for their positions, people arguing in bad faith often rely on easy appeals to love of country.

Harper may have been right about some of the points he made that rainy day. But it was strange to hear such unchecked pronouncements a scant kilometre from the

Delta Ottawa, where the Truth and Reconciliation Commission of Canada recently wrapped up its six years of investigation into what it called cultural genocide in the Indian Residential Schools.

Those of us who were present to hear statements at the TRC's Survivors' Sharing Circle have been shown a far more complicated and tragic understanding of Canadian nationhood than tends to be presented in celebratory political speeches.

This is a bountiful country, yes, but one whose wealth has often come from exploitation of indigenous people and their lands. If it is a great country, that greatness has frequently been used to prevent discussion of the more painful aspects of our history.

And yet the realities of residential schools are now laid out in clear type, for all those who wish to know what our ancestors and their governments did to destroy indigen-

ous communities and cultures in the name of our country and the notion of a white, European-Canadian identity.

The best response to crude patriotism is to educate yourself — to know what is this country you love, in all its weaknesses and faults. In that light, I'm joining the call — initiated by Chelsea Vowel and Wab Kinew, and carried on by Erica Violet Lee and Zoe Todd's #ReadtheTRCReport project — for Canadians to make the TRC's easy-to-read 400-page executive summary their primary piece of summer reading. Never has there been a better time for Canadians to learn the details of what our country did to indigenous people, and how our actions over 120 years provided the foundation of the addiction, abuse and dysfunction sadly endemic to so many aboriginal communities.

I don't intend to discourage people who love Canada from feeling how they do and

This is a bountiful country, yes, but one whose wealth has often come from exploitation of indigenous people and their lands.

expressing that love however they wish. But I believe those attached to this nation should face the evidence of the atrocities it was responsible for. So they may better understand the place they come from and love, may better love it in spite of its faults, and may better, as citizens, act upon what they learn from the truths told to the TRC.

Jesse Staniforth is a reporter for the Nation magazine, serving the Cree Nation of Eeyou Istchee in northern Quebec. Follow him on Twitter @JBS_nation.

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FOOD TRENDS SWEET, BOOZY, CRISP OR PLAIN NUTTY

Chips made of broccoli. Maple water. Wine-spiked ice cream. Popcorn that didn't quite fulfil its destiny. These are some alternate-universe products at the recent Fancy Food Show in New York that could signal coming trends. Here are five potential foods of the future exhibitors were showing off

THE ASSOCIATED PRESS

1 Sexy snacks



Holding a bag of chips with the word "Sexy" in big letters can cure shyness. At least that's what Sexy snacks founder Robert Ehrlich told visitors to his booth. "When you hold a bag, you are sort of empowering yourself," he says. The most notable aspects of the snacks may be the name and Ehrlich, whose claim to fame is his founding of Pirate's Booty, says the snacks are a way for people to brand themselves, as they might with sneakers or handbags. The popcorn comes in flavours like Bangin' Cheddar and Brazilian Coconut, and the chips come in flavours including Spinach & Matcha Tea.

2 Broccoli Bites

A prevalent theme was snacks made from unusual ingredients; think bags of roasted chickpeas, cheese puffs made out of beans, and chips made out of seaweed.

Another example was Broccoli Bites from Rhythm Foods. Before they're dehydrated, the broccoli is tossed in a dressing made with seeds, herbs and spices to add flavour and prevent crumbling. Each 1.5-ounce bag has 150 calories.

Even though kale has surged in popularity in recent years, Rhythm Foods CEO Scott Jensen said he expects the broccoli snacks to be a lot easier to sell to buyers. And he's already working on the next vegetable snack: cauliflower.



3 Wine ice cream

Instead of a glass, this wine can be served in a cone.

Mercer's, a dairy in upstate New York, was offering tastes of its "wine ice cream," which has up to 5 per cent alcohol. The ice creams come in eight flavours including Strawberry Sparkling and Chocolate Cabernet.

Roxaina Hurlburt, a co-owner of Mercer's, said the dairy has been making traditional ice cream for 60 years and started packaging the wine ice cream in 2008. She said it's sold online and in about 200 locations around the U.S., including places like casinos and wineries. It's also sold in Montreal.

4 Half-popped kernels

Do you think those half-popped kernels at the bottom of the popcorn bag are the best part? Now two companies are selling bags of just those bits.

HalfPops and Pop'd Kerns offer the snacks in different flavours, with a one-ounce serving containing between 130 and 160 calories, depending on the flavour.

HalfPops, based in Bellevue, Wash., says it uses a proprietary process to cook the kernels. Six-ounce bags of HalfPops are available online and at about 2,000 U.S. locations, including some Whole Foods and Wegman's, said Mike Watts, the company's vice-president of marketing.



5 Maple water

Is maple water the next coconut water?

Drink Maple sells bottles of maple water it says is tapped from maple trees.

It's the same stuff that's boiled down into maple syrup. The clear liquid has the consistency of water and a lightly sweetened taste, with a 12-ounce bottle labelled as having 30 calories and 7 grams of sugar.

The product also seems to hit on all the prevailing dietary trends: the company's website notes maple water is "low calorie, gluten-free, dairy-free and non-GMO." It also says "no trees are harmed" in the collection process.

Canadian brands, tapped in Ontario and Quebec, can be found in some local Whole Foods and small health-food stores.



Adding a whole lot of Opa! to your diet

GREEK CUISINE

Simple foods to help you 'eat like a Greek'

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



The world's eyes are on Greece right now and so, too, our stomachs. We truly are a global village as we share our air, our

climate and our economies. One way to support a country is to invest in or buy their exports. But that could just be my tummy talking.

Here are some excellent foods and flavours that come out of Greece:

An olive to love and devour
Greece produces some of the world's best olive oils from groves that are 500 to 1,500 years old. This means a root system that — like Greek culture — is steeped

in terroir, history and love.

Kalamata olives have a protected designation of origin (PDO) title. This means that if it says Kalamata, it has to have been produced in Kalamata, Greece. This olive is the deep purple almond-shaped olive of intense juicy flavour, which develops on the tree as it must be picked ripe. Not to be confused with black olives, which can be of any variety and have a wide range of sizes, shapes and flavours.

Things can only get feta

Greek feta is made with a combination of goat's and sheep's milk cheese, which gives it a creamier texture than the cow's milk feta. It is brined in salt water for up to a couple of months. The more aged, the more firm the texture. Come on people now, smile on your Greek brother. Do your bit and have a souvlaki cookout, Opa! Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



While Kalamata olives are high in sodium, they are also rich in healthy fats. ISTOCK

Ex-Ex marks the frank sex talk

ROM-COM

Screenwriter says dialogue based on real conversations

Steve Gow
For Metro | Life

Inspiration can be a terribly fickle thing. For writer and actor Andre Bharti, however, it simply arose out of the pages of a supermarket tabloid.

"It was one of those movies that writes itself," laughed Bharti in Toronto recently. "I was reading the National Enquirer and there was an article where a psychic said she could connect you with your ex (and) I thought, what if she messes up?"

With that, the Toronto filmmaker composed *My Ex-Ex* — a new romantic comedy that follows a young woman who, after being dumped by her rich suitor, accepts spiritual advice to reunite with a deadbeat college boyfriend who can't even hold down a job under his father.

"To be honest, a lot of it is very true to life," said Bharti, admitting that although he also worked for his father — founder of one of Canada's lead-



My Ex-Ex, starring Katherine Barrell, third from left, as a woman whose love life takes an unexpected turn, opens cross-Canada on Wednesday. Co-star Andre Bharti, left, wrote the screenplay and says a lot of the movie is "very true to life." MICHAEL HELMER

ing merchant banks — his creative ambitions were never questioned.

"He supported me that way. I was writing poetry when I was six years old, so I think

he realized I wasn't going to be the business guy."

Instead, Bharti studied drama at Queen's University in Kingston where he not only learned to write screenplays, he even found inspiration for the movie's cast of raunchy characters. Insisting on authenticity, *My Ex-Ex* has been praised for the candid way its characters speak about sex — especially the ladies.

"I met powerful females in

Kingston and I could not believe how much raunchier they were than me," said Bharti.

"These are really beautiful, great ladies, but they talked about everything like in the movie. I didn't make that up. The character's names are different, so you wouldn't know who it is but those are real conversations."

With its forthright perspective on modern romance, *My Ex-Ex* has impressed in its re-

cent festival run — so much so that the movie was selected as part of the Canadian Indie Film Series, where it premieres Wednesday at theatres across Canada.

"I never made this movie to win an Oscar (but) everyone who watches it says they leave with at least three (scenes) they can't forget," admitted Bharti.

"If you have a good sense of humour and take it for what it is, you'll hopefully have fun."

MODERN LOVE

Going far ... but not too far:

"My heartfelt story might be on the more raunchy side, but I don't think it should offend anybody," said Bharti. "There's nothing sexist, racist or stupid like that (so) why would it be (offensive)?"

Guys like rom-coms, too:

"I think guys would get this movie as well as girls," said Bharti. "Romantic comedies — let's be honest, guys try to act tough, but we're really not. I cried at *Pretty Woman*."

It ain't easy being Canadian:

"When you're a Canadian filmmaker, you're kind of behind the 8-ball," said Bharti. "It was just a young crew that believed in the project and we really pushed — we did it in 18 days and no one complained."

THE CAST

Alongside Bharti, the roster of Canadian talent includes Katherine Barrell (*The Scarehouse*, *Murdoch Mysteries*), Ray Galletti (*Hemlock Grove*, *Arrow*), Jesse Camacho (*Less Than Kind*), Randal Edwards (*Package Deal*) and Alistair Forbes (*Second City*).

I met powerful females in Kingston and I could not believe how much raunchier they were than me. Andre Bharti



SCI-FI SERIES EXTANT RETURNS

Halle Berry says the best stuff is on TV



Ned Ehrbar
Metro Life

Last summer, astronaut Molly Woods (Halle Berry) thought she'd saved humanity from certain doom, but of course that's not the case or else there wouldn't be a Season 2 for *Extant*, Berry's first foray into network television. It airs Wednesdays at 10 p.m. ET/PT on Global.

So what has Berry learned from her first year on TV?

"It is a whole lot of work. I mean, I've never worked so hard in my life as last year," Berry says.

"And I was nursing — my baby was three months old — so I was doing drive-by nursings every two hours ...

and I was in over my head with the amount of scenes we shoot in a day, the things I had to memorize."

Needless to say, Season 2 was a much smoother experience.

"This year, without having the baby nursing, is better than last year," she says.

"But it was an awakening last year. I thought, 'I'm going to go into TV, be at home with my family.' I didn't see my family and I never worked harder in my life."

"So hats off to everybody who does television, because it's a grind."

When Oscar winner Berry signed up for the show last year, it was big news — despite her being far from the first big-screen star to make the transition. But Berry in-

sists there was no hesitation in her decision.

"Not in this day and age. Maybe 10 years ago I would have had cause to pause. But the best things, in my opin-

ion, are on television," she says.

"As artists, we want to share what we do with the world and this is a really good medium to do that."



ROBOT KID

Extant features Berry's character grappling with having a robot son, Ethan, who ended up relegated to the cloud at the end of Season 1. Recent upgrades in Berry's own life have changed how she approaches that on-screen relationship.

"Now that I have a son, I really do see the difference in relationship, from having a little girl and having a boy

and the special relationship that mothers and sons have," she says.

"I'm happy in our show this year that there is Ethan and I get to continue to explore what that relationship might be with a twist, because he is a robot. Does he take the place of a real child?... Can a robot have humanity? Can they love? Can they have a human exchange?"



Halle Berry is back on the small screen as astronaut Molly Woods in *Extant*, now in its second season. HANDOUT



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Wise customers read the fine print: *The Trade In Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after July 1, 2015. Offers subject to change and may be extended or changed without notice. All pricing includes freight (\$1,695), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. (Total Discounts of \$3,750 consist of \$3,750 Consumer Cash on the 2015 Jeep Patriot Sport 4x2 (25D). Total Discounts of Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. *2.99% purchase financing for up to 96 months available on select new 2015 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2015 Jeep Cherokee Sport FWD (24A) with a Purchase Price of \$24,495 with a \$0 down payment, financed at 2.99% for 96 months equals 208 bi-weekly payments of \$133 with a cost of borrowing of \$3,077 and a total obligation of \$27,571.64. 10% purchase financing for up to 72 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Cherokee Sport (24A)/2015 Jeep Renegade Sport 4x2 (21A)/2015 Jeep Patriot Sport 4x2 (25D)/2015 Jeep Wrangler 2-Door 4x4 (23B)/2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of \$24,495/\$19,995/\$15,495/\$20,995/\$39,395. +3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Patriot Sport 4x2 (25D)/2015 Jeep Wrangler 2-door 4x4 (23B) with a Purchase Price of \$15,495/\$20,995 with a \$0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of \$85/\$116 with a cost of borrowing of \$2,286/\$3,097 and a total obligation of \$17,781/\$24,092.43. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. *4.99% lease financing for up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2013, 2014 and 2015 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of \$37,125 leased at 4.99% over 60 months with \$4,998 down payment, equals 240 weekly payments of \$99.48 with a cost of borrowing of \$6,173.80 and a total obligation of \$29,637.40. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. *\$2,500 Lease Cash available on the 2015 Jeep Grand Cherokee Laredo (23E). Lease Cash is deducted from the negotiated lease price before taxes. -Additional \$1,000 Bonus Cash applies to the retail purchase/lease of the oldest 10% of 2015 vehicles in retailer inventory from July 1 to 31, 2015 and will be deducted from the negotiated price before taxes. Some exclusions may apply. See participating retailers for complete details. \$Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ΔBased on 2014 Ward's Sport and Cross Utility segmentations. *Based on 2014 Ward's Middle Cross Utility segmentation. vBased on 2014 Ward's Small Sport Utility segmentation. ±Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.



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Hyundai puts accent on value



JIL MCINTOSH/FOR METRO

THE CHECKLIST 2015 HYUNDAI ACCENT HATCHBACK

THE BASICS

Type. Four-door, five-passenger subcompact hatchback.
Engine (hp). 1.6-litre four-cylinder (138).
Transmission. Six-speed manual or six-speed automatic.
Price. \$13,599 (base), \$19,549 (as-tested), plus destination.

POINTS

- The engine uses direct injection, a performance- and efficiency-enhancing technology usually found on pricier cars.
- Despite this, the Accent's published fuel consumption is slightly higher than most of its competition.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Active ECO system.
- Standard air conditioning.
- Available LED running lights.
- Available heated front seats.
- Driver's auto up/down window.
- Six airbags.
- CD stereo with USB connector.

MARKET POSITION

While the Accent's driving performance is on par with many of its competitors, Hyundai adds as many higher-end features as possible, and includes a comprehensive warranty of five years or 100,000 km that covers almost everything.

THE COMPETITION



Kia Rio5
Base price: \$14,495



Ford Fiesta
Base price: \$16,349



Nissan Versa Note
Base price: \$14,298

REVIEW

Car delivers decent ride and content for its price

Jil McIntosh
For Metro

When I was a young driver — and I won't admit how long ago that was! — an entry-level car was a cheap car, with a tinny feel and few options.

That's seldom the case anymore, at least judging by my Hyundai Accent tester. This company was among the first to stuff in as many items as possible while keeping the price low, and while some other auto-makers have caught up with that, the Accent remains a solid, good-looking little car.

All Accents use a 1.6-litre four-cylinder engine that makes 138 horsepower. A six-speed manual transmission is available on most trim lines, while the mid-range GL and top-line GLS can also be optioned with a six-speed automatic transmission.

The Accent comes as a sedan, starting at \$13,249, but I prefer the hatchback, which begins at \$13,599 and goes up to \$19,549 for the GLS with automatic transmission.

It's not the most exciting car to drive — the Mazda2 and Ford Fiesta are far sportier, for example — but it gets the job done, handling curves efficiently and with a smooth ride that's quiet over all but the very worst bumps.

All trim lines include air conditioning, which is an important consideration when you're price shopping; not all manufacturers include it in their rock-bottom stickers, and you may have to move up to a much pricier trim line to get it. The top-line Accent GLS includes such items as alloy wheels, automatic headlamps, heated seats, satellite radio, and a power sunroof.

The cabin is handsome, and the controls are simple and easy to use. Front-seat comfort

is pretty good for an economy car, but the rear chairs are hard and flat. Rear-seat legroom is actually pretty good for a car this size, especially since there's enough space to slip your feet forward under the front seats.

Visibility could be a bit better out of that narrow rear window (a backup camera isn't available), and the deep cargo well accommodates tall items but also makes for a longer reach to lift your groceries out.

Still, overall, the Accent stays true to its roots: a decent little car for what it costs.

“It's not the most exciting car to drive ... but it gets the job done”

SECURITY

Smart car thieves can take your identity, too

Vehicle thefts may be falling in the U.S. and the U.K., but the emergence of a new generation of smarter car has also seen with it the emergence of an equally smart car thief.

“The FBI reports in its 2013 Uniform Crime Report that a vehicle is stolen every 45.1 seconds in the United States, which amounts to more than \$4.1 billion in lost assets each year,” said Patrick Clancy, vice-president of law enforcement of Lojack Corporation, a company that develops anti-

theft and tracking devices for vehicles. “With only 54.8 per cent of stolen vehicles being recovered, auto theft is still a serious problem and we are now dealing with a more advanced, sophisticated thief. These individuals are increasingly creative, connected and dangerous in their approaches to steal your valuable assets.”

Greater consequence

Thieves are increasingly targeting the most expensive, and therefore most connected

cars on the road. And when a ‘smart’ car is taken, it's not just the owner's personal mobility that is compromised.

“The impact that today's connected vehicle thieves have on the individuals and businesses that fall victim to them is much greater,” said Clancy.

Cars connect with our smart-phones and therefore are an extension of our digital lives, meaning that as well as vehicle theft, drivers run the risk of identity theft, too.

“In recent years, the trad-

itional methods, techniques and mindset towards auto theft has evolved,” Clancy said. “Today, our vehicles hold critical information, such as our phone contacts, registration and insurance details, even the address and directions to our home.”

In October, Jaguar Land Rover made headlines because thieves had found a way of replicating a Range Rover's smart key and simply opening the car and driving away.

There have also been a

number of scare stories in the media in recent months about hacking a car and taking over its controls. However, initial investigations into smart-car hacking show that although it is possible on some models, it is too time consuming, complicated and costly to be worth the effort.

Security tips

However, regardless of a car's connectivity, consumers can take simple steps to mitigate the risks. For instance:

- Don't leave personal documents or paperwork relating to the car in the cabin.
- Likewise don't leave a smart-phone, tablet or sat-nav system in the car when it's parked.
- For extra security, try to avoid on-street parking bays and plump for secure parking structures instead.

Connected cars might offer a greater appeal to car thieves, but that connectivity also means stolen vehicles are more likely to be located and returned again. **AFP**

Weight cuts efficiency up to 35%

FUEL ECONOMY

Result disputes industry find

Adding properly fitted roof boxes and a modest amount of cargo to a couple of compact family-model vehicles decreased their fuel economy by up to 35 per cent on the highway, versus industry figures, test results by What Car? magazine suggest. Adding any roof box increases a vehicle's frontal area, creating drag and turbulence that can hamper a four-cylinder vehicle.



TEXT AND IMAGES BY WHEELBASE MEDIA. GAS CANISTER IMAGE BY ISTOCK

TECH

Toyota grows its engine lineup

Toyota is stepping up a global upgrade of 14 high-efficiency engines with the introduction of a new 1.2-litre turbo unit. The line of engines will each deliver at least 10 per cent better fuel economy than the ones they will replace or make redundant. One recent example is a newly developed 1.2-litre direct-injection turbocharged engine (right) for the Japan-market Toyota Auris small car.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

PARTNERSHIP

Ontario firm to work on e-cabs

The makers of England's all-new e-cab Metrocab, Frazer-Nash Research Ltd. and Ecotive Ltd., will enter volume production in Coventry next year, in partnership with Canadian manufacturing specialist Multimatic. Metrocab is the only zero-emissions capable cab now operating in London. Range-extended electric taxis are a solution to delivering on the city's Ultra-low Emission Zones promises, with London having one of the world's toughest urban emissions standards. Markham, Ont.-based Multimatic, which helped bring Metrocab's prototype fleet to market, makes complete cars, as well as body/chassis assemblies for low-volume models. Multimatic vice-president Larry Holt said the Metrocab has been designed and engineered "with the global market in mind."



NEW CARS

Latest Civic to go on sale soon

Honda's 10th-generation compact Civic will blend elements of the Accord sedan, CR-V compact tall wagon and recent other concepts into a sleek four-door sedan available this fall, to be followed by a two-door coupe and a five-door hatchback. Powertrains will include a non-turbocharged four-cylinder gasoline engine, and a 1.5-litre "VTEC Turbo" four-cylinder that's part of Honda's Earth Dreams line of efficiency-focused engines. Transmission options will include a six-speed manual and a continuously variable automatic.



+ SCIENCE

Collector could turn windows into solar cells

Researchers at Michigan State University say they've created a transparent solar concentrator that could turn any sheet of glass into a photovoltaic solar cell. The team used a "transparent luminescent solar concentrator" consisting of organic salts that absorb non-visible wavelengths of infrared and ultraviolet light. The resulting wavelength of infrared light is guided to the edge of the sheet, where strips of photovoltaic solar cells convert it into electricity.



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The Esso 67-X is more than 20 feet in length and weighs in at two tonnes of pure Canadian custom car glory. TREVOR WELFEN

ESSO 67-X

An icon of Canadian car culture

AUTO PILOT

Mike Goetz



"ultimate in family travel," with emphasis on excitement, safety and comfort.

After the outrageously swoopy body, which stretches more than 20 feet in length, the most notable feature of the 67-X is the rear "lounge area," which is essentially a small family room, circa 1967. Mom can swivel her seat around to play Monopoly with the kids on the lift-up table, and everyone can grab Twinkies from the portable picnic cooler, and groove to The Monkees on the 8-track tape player (complete with individual ear plugs).

4

The number of Esso 67-X cars produced by designer and manufacturer George Barris.

Trevor Welfen of Chilliwack, B.C., owns the only known surviving Esso 67-X. He is old enough to remember the contest. As an avid collector and customizer of cool cars, he "always wondered what happened to them."

He heard stories, read newspaper clippings about the people that won them and subsequently sold them, searched the Internet, etc., to no avail.

Then, several years ago, when looking for another model on the website of a U.S. classic car dealer, he noticed a 67-X in the background in one of the pictures. The dealer mislabelled it as a 70-X, and that's why it never showed up on any Google search.

"As soon as I saw it, I just wanted to get it back here ... I didn't care what shape it was in."

By "back here" Trevor means Canada, where he believes this super rare and super cool example of Canadian car culture belongs.

Just like the country it was built to celebrate, the custom car known as the Esso 67-X is big, bold and beautiful.

Back in 1967, Canada was gripped in centennial fever. Everything was about celebrating or marking the 100th anniversary of Canadian federation.

For its part, Imperial Oil and its Esso brand of gas stations, rolled out a promotional contest called Roadshow 67. To enter, you had to collect five different "travel tips" only available at Esso dealers.

The four winners of the contest each received a fabulous Esso 67-X, complete with insurance, and extra warranties. Winners would be awarded their cars at the big centennial party and World's Fair in Montreal, otherwise known as Expo 67.

George Barris was commissioned to design the 67-X and build four examples. Barris achieved worldwide fame as a customizer after creating "TV star cars," such as the Batmobile, the Munster Koach, and the jalopy that brought the Beverly Hillbillies into town.

Barris ended up making an additional 67-X for himself, to use as a tow car.

The basis of the 67-X is an Oldsmobile Toronado, complete with its 7-litre V8 engine, good for 385 horsepower and 480 lb.-ft. of torque.

The 67-X was billed as the

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In this promotional shot, a mom and her kids spend quality time in the 'lounge area' of the Esso 67-X. PHOTO VIA TREVOR WELFEN

Jays shopping arms market

MLB

Sizing up Toronto's potential short list for trades

Chicago White Sox starter Jeff Samardzija is the hottest name in Blue Jays trade buzz. Here's why, and who else might be out there to give the scuffling rotation a shot in the arm:

JEFF SAMARDZIJA, White Sox; 5-4, 4.33 ERA

The hard-throwing right-hander is free agent eligible next winter and wants to pitch for a contender. Samardzija's ERA, though, is at a career high while his 4.41 strikeout-to-walk ratio is almost half what it was a year ago. Still, he's a front-end starter who keeps the ball in the park (0.9 homers per nine innings).

Price tag: Two solid prospects.

Jays' chances: Good.

COLE HAMELS, Phillies; 5-6, 3.02 ERA

He's a top-of-the-line workhorse (200 innings in four of the past five seasons) who could free up Aaron Sanchez to help the bullpen when he returns from injury rehab. Hamels has drawn big-time interest from the Yankees, Dodgers and Astros — with Houston and Toronto reportedly not high on his list of preferred destinations. Money is also a big issue. He's owed the rest of his \$22.5-million salary



Clockwise from top left: Cole Hamels, Johnny Cueto, Mat Latos, Scott Kazmir.

GETTY IMAGES

for this season and that same amount for the next three.

Price tag: One or two top prospects.

Jays' chances: Bidding war and salary will likely knock the Jays out of contention.

JOHNNY CUETO, Reds; 5-5, 2.84 ERA

Lots of talk about the Jays shooting for Cueto, a high-end starter, plus super closer Aroldis Chapman from the Reds, but that's fantasy. Cueto alone would be a huge addition with much less financial risk than Hamels — about \$5 million left and free-agent eligible after this season. Coming off a career year — 243 innings, 242 strikeouts, just 169 hits allowed — but was on the DL three times in 2013. The AL West-leading Astros, Yankees and maybe the Royals are in the mix here as well.



Despite less-than-stellar statistics with the White Sox this season, Jeff Samardzija is rumoured to be a top trade target for the Blue Jays. MIKE MCGINNIS/GETTY IMAGES

Price tag: Two solid pitching prospects, for starters.

Jays' chances: Decent, if they're willing to part with enough young talent.

MAT LATOS, Marlins; 3-6, 4.90 ERA

A second or third starter who has won 14 games three times but is having an off year. Not a

big strikeout guy (6.5 per nine innings) but hasn't finished with an ERA higher than 3.50 since his rookie year. The Jays were linked to him two years ago.

Price tag: For comparison's sake, the Marlins gave up ex-Jays prospect Anthony DeSclafani and Chad Wallach to get him. He makes \$8.4 million

this season.

Jays' chances: Slim, but a decent Plan B if top starters go elsewhere.

SCOTT KAZMIR, A's; 5-5, 2.56 ERA

Oakland is deciding whether to buy or sell on Kazmir, closer Tyler Clippard and utilityman Ben Zobrist. Kazmir, an all-star

in 2014 and off to another good start, is the most likely to be moved but has said he hopes to stay in Oakland.

Price tag: One young major-league ready player.

Jays' chances: Toronto and Oakland are frequent trading partners and Kazmir could help a lot, so the Jays have a shot.

TORSTAR NEWS SERVICE



Serena Williams plays a forehand in her quarter-final match against Victoria Azarenka on Tuesday in London.

IAN WALTON/GETTY IMAGES

WIMBLEDON

Serena rallies past Azarenka

Serena Williams' latest Grand Slam match against Victoria Azarenka ended the same way as the previous nine — with Williams walking off as the winner.

The top-ranked Williams fought back from a set down Tuesday to beat Azarenka 3-6, 6-2, 6-3 on Centre Court to reach the Wimbledon semifinals and keep her bid alive for a fourth straight major title — a "Serena Slam."

Williams' next opponent will be Maria Sharapova, who beat unseeded American CoCo Vandeweghe in three sets.

Coming up with big serves when she needed them and getting stronger as the match wore on, Williams put on a dominant performance in the final two sets, winning seven straight games at one stretch, to run her Grand Slam winning streak to 26 matches.

"It's been up and down, up and down, but somehow I'm still alive," Williams said. "I don't know how. I'm just happy to be still here."

Williams hit 17 aces, including three in each of her final two service games, to extend her ca-

reer record against Azarenka to 17-3 — including 10-0 in Grand Slam play.

"We just saw today why Serena is No. 1," said Azarenka, a former No. 1 herself and two-time Australian Open champion. "I haven't seen her play like this, honestly, even the last matches before that."

Meanwhile in the men's draw, Novak Djokovic finished his 6-7 (6), 6-7 (6), 6-1, 6-4, 7-5 fourth-round victory over Kevin Anderson; it was suspended because of darkness after four sets Monday. THE ASSOCIATED PRESS



I'm serving well, I'm playing well. I know I'll have my hands full.

Vancouver's Vasek Pospisil who faces No. 4-seed Andy Murray in Wednesday's men's quarter-final



WOMEN'S WORLD CUP PARTY STARTS FOR CHAMPS USA

The World Cup-winning Team USA enjoy a championship rally in downtown Los Angeles on Tuesday. The Americans defeated Japan 5-2 in Sunday's final to become the first team to win the Women's World Cup three times. ROBYN BECK/AFP/GETTY IMAGES

SOCCER IN BRIEF

Gerrard trains with Galaxy

Steven Gerrard had his first practice with the LA Galaxy on Tuesday before being formally introduced to the club.

The change reflects the biggest move Gerrard has ever made, personally and professionally. He spent 17 years at Liverpool, leading the club to Cup glory both domestically and in Europe.

THE ASSOCIATED PRESS

Conte accused of fixing

Italy coach Antonio Conte was among 104 people whom a prosecutor requested Tuesday be brought to trial on match-fixing charges in a case that allegedly has its roots in Singapore.

Conte is accused of committing sports fraud when he coached Siena in 2010-11. THE ASSOCIATED PRESS

Steven Gerrard
GETTY IMAGES



Floro finally gets his shot at Gold Cup

SOCCER

Spaniard has revived team since Honduras embarrassment

Two years and three days after being named coach, Benito Floro finally gets to lead Canada at the Gold Cup.

The 63-year-old Spaniard was named coach on July 5, 2013, but missed out on the CONCACAF championship that year because he didn't officially take over the Canadian men until Aug. 1.

Under interim coach Colin Miller, Canada went 0-2-1 in 2013 and failed to advance past a first round that included a 1-0 loss to tiny Martinique with Floro watching from the stands.

Floro gets his first real taste of the tournament Wednesday at the StubHub Center in Carson, Calif., as Canada, ranked 109th in the world, takes on No. 89 El Salvador in Group B play.

"We believe in our players, we believe in their progress. It's time to test it," Floro said on a media conference call Monday night.

After El Salvador, Canada plays No. 65 Jamaica on Saturday in Houston and No. 14 Costa Rica next Tuesday in Toronto.

Floro inherited a team that had gone 0-6-2 while scoring just once since it was drubbed out of World Cup qualifying contention in a humiliating 8-1 loss under



Tesho Akindele, from left, Jonathan Osorio and Cyle Larin celebrate Akindele's goal against Dominica during a 4-0 World Cup qualifying win on June 16 in Toronto. Promising youngsters Akindele and Larin represent the future of Benito Floro's Canada side. FRANK GUNN/THE CANADIAN PRESS

Stephen Hart in Honduras in October 2012.

Floro went 0-4-3 before registering his first win, a 3-1 decision over Jamaica in Toronto in September 2014. Floro's record at the helm has since improved to 5-6-5 and Canada is currently riding a four-game winning streak — and five-match unbeaten string.

But before making any 2018 World Cup travel plans, it should be noted that the average FIFA ranking for Canada's last five opponents is No. 116.

Still the Spaniard had won praise from his players for his meticulous preparation, often

using video to make his point.

And he has been able to attract and incorporate young talent like Cyle Larin and Tesho Akindele into the program.

Canada will mount its Gold Cup campaign without influential midfielder Atiba Hutchinson and defender Doneil Henry (both injured) and goalkeeper Milan Borjan (club commitments).

With Borjan unavailable, Floro suggested Kenny Stamatopoulos would be his like-



Benito Floro
GETTY IMAGES

ly starter in goal. While July 25 is circled on Canada's calendar — that's when it finds out its next opponent in World Cup qualifying — the Gold Cup offers Floro a chance to test his team against CONCACAF opposition, rise in the rankings and to spend valuable time working with his players.

"It would be better for us to play not only three, (but) four or five games here," he said. "Because at the same time we (have) a good Gold Cup, we are preparing in the best conditions the team for the second World Cup (qualifying challenge)."

THE CANADIAN PRESS

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RECIPE Thai Quinoa Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

The crunchy delicate taste of quinoa goes well with this Asian-infused salad. Serves 6.

Ready in

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 1 cup quinoa
- 1 1/2 cups chicken stock
- 3/4 cup thinly sliced carrots
- 3/4 cup thinly sliced red bell pepper
- 1/4 cup chopped cilantro
- 1/3 cup sliced green onion

Dressing

- 2 Tbsp peanut butter
- 1 1/2 Tbsp lemon juice
- 4 tsp soy sauce
- 1 Tbsp honey
- 1 1/2 tsp sesame oil

- 2 tsp water
- Garnish**
- 1/3 cup chopped toasted cashews

Directions

1. Bring quinoa and stock to a boil. Cover and simmer on lowest heat for 15 minutes until cooked. Place in serving bowl to cool.

2. Add remaining ingredients to quinoa, except for dressing.

3. In a small bowl, combine ingredients for dressing until smooth. Pour over cooled quinoa. Garnish with cashews.

Nutrition per serving

- Calories 210
- Carbohydrates 24g
- Fibre 3g
- Protein 8g
- Fat 10g
- Saturated Fat 2g
- Cholesterol 0mg
- Sodium 380mg

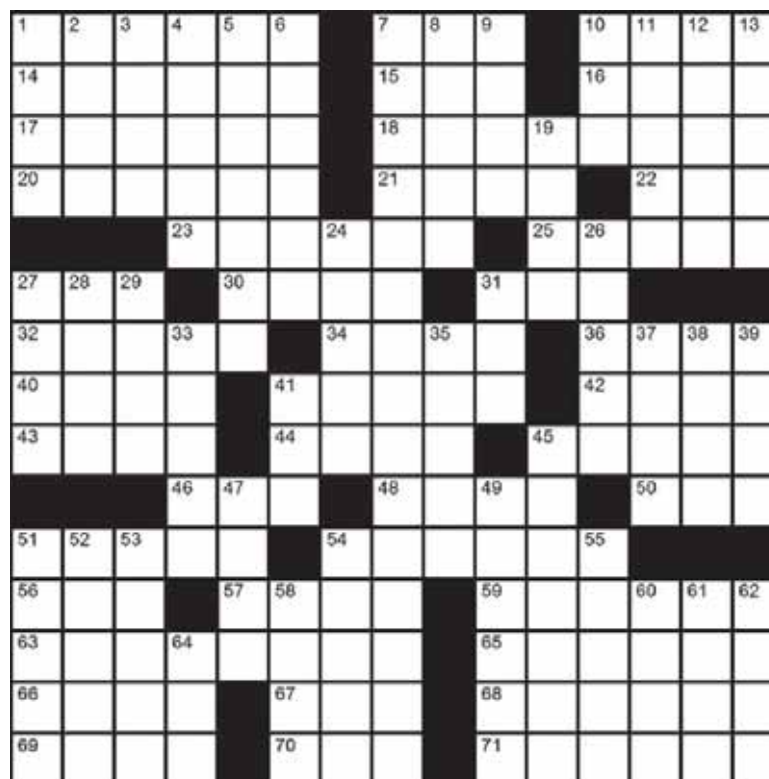
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Beach trinkets
7. Large
10. Cleveland basketballers, briefly
14. Aloha State
15. NHL's Ducks, on scoreboards
16. Old World buffalo
17. Forever, to a poet
18. Magnificent
20. Hockey great Mr. Savard's
21. Queens (Street in Toronto's waterfront)
22. Kay's follower
23. Productivity
25. English class assignment
27. 007, e.g.
30. Peel
31. Creature in ancient Egyptian art
32. Grad parties
34. Uncertain
36. Re-work the written work
40. Kind of lily
41. Longest river of France
42. Drive-way sight
43. Equal, in Montreal
44. Space bear
45. Tell the waiter what you want
46. Median, mini-ly
48. Wednesday = Day
50. Dorothy's Auntie's namesakes



51. "So _!" (Take that!)
54. Use a tranquilizer gun
56. "Uh-huh."
57. Draw close
59. _ blocks
63. Guitar pick

65. On the go
66. Toast topping
67. Drink chiller
68. Mr. Beatty of movies
69. Ho-hum
70. 'Velvet' suffix
71. Most tricky

DOWN

1. Ladies
2. Intensely dislike
3. Pitcher
4. "Key _" (1948)
5. Causes for frustration at checkout

6. Midday break
7. 16th-century Europeans who caught cod in the Grand Banks of Newfoundland: 2 wds.
8. Opinion
9. Grand event
10. Tin
11. Mountains in South America
12. "Presto!"
13. Woefully
19. Optometrist's study
24. Earlier in time
26. Asparagus unit
27. Basilica part
28. Mr. Kinnear
29. Robe of ancient Rome
31. Captain's confirmation
33. Tooth type
35. Imposter
37. "_, Where's My Car?" (2000)
38. Detail
39. Rocky hills
41. Haul with difficulty
45. _ illusion
47. Let off steam
49. Kinds of parrots
51. Spelling misstakes
52. Lionel Richie song
53. Swashbuckling props
54. Gravy cousin
55. _-level position
58. Fort _, Ontario
60. British rock group, _ Straits
61. Pre-day nights
62. Broadway musical
64. Murmur

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Like everyone you make your share of mistakes but you are not afraid to admit it, and that fact gives you an edge. While others are still trying to deny that they messed up you will be retracing your steps.

Taurus April 21 - May 21
The only thing that matters today is that you follow your instincts and follow to the letter what your inner voice tells you. Even if the whole world says you are mad you must not change direction.

Gemini May 22 - June 21
You have done a lot of thinking in recent weeks and now it is time to put what you discovered, about yourself and about the wider world, to good use.

Cancer June 22 - July 23
Stop feeling sorry for yourself and start doing the things that will make your life more satisfying and secure. Mind planet Mercury joins the Sun in your sign today, so you will know what needs to be done.

Leo July 24 - Aug. 23
You may not understand why you feel a certain way but you must not ignore your emotions. If you want to think clearly today it will pay to shut yourself off from outside influences.

Virgo Aug. 24 - Sept. 23
You like to be helpful but you must not do other people's work for them. The planets warn that if you do just one little thing for someone today you will end up doing everything for them for the rest of the week.

Libra Sept. 24 - Oct. 23
Reach out and make contact with someone in a position of authority today. As Mercury, your ruler, crosses into the career area of your chart you clearly know what it is you want and how to get it.

Scorpio Oct. 24 - Nov. 22
You will speak from the heart today but not everyone will want to hear what you say. Some people find the truth uncomfortable and one person in particular will kick up a fuss.

Sagittarius Nov. 23 - Dec. 21
You have allowed certain issues to slide and if you don't do something about them soon it will be too late. The fact is you have relied too heavily on others to make decisions for you.

Capricorn Dec. 22 - Jan. 20
Don't keep your thoughts and feelings to yourself today because others will know in an instant what you are trying to hide. What have you got to be embarrassed about?

Aquarius Jan. 21 - Feb. 19
Something in your life is clearly not working and needs to be changed but you find it difficult to admit that. Mercury, planet of the mind, changes signs today and it will help you change your mind too.

Pisces Feb. 20 - March 20
Sticking to a rigid plan of action will limit your options and make success much harder to come by, so be flexible. Most importantly, don't set targets. Take each day as it comes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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